



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01182, USDA Commodity, cheese, cheddar, reduced fat

Report Date: July 11, 2017 14:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup shredded 113g
Proximates					
Water	g	48.20	1	--	54.47
Energy	kcal	282	--	--	319
Energy	kJ	1180	--	--	1333
Protein	g	27.20	1	--	30.74
Total lipid (fat)	g	18.30	1	--	20.68
Ash	g	4.30	1	--	4.86
Carbohydrate, by difference	g	2.00	--	--	2.26
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.58	--	--	0.66
Minerals					
Calcium, Ca	mg	905	1	--	1023
Iron, Fe	mg	0.13	1	--	0.15
Magnesium, Mg	mg	35	1	--	40
Phosphorus, P	mg	583	1	--	659
Potassium, K	mg	93	1	--	105
Sodium, Na	mg	725	1	--	819
Zinc, Zn	mg	4.30	1	--	4.86
Copper, Cu	mg	0.021	--	--	0.024
Selenium, Se	µg	15.5	--	--	17.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.030	1	--	0.034
Riboflavin	mg	0.300	1	--	0.339

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup shredded 113g
Niacin	mg	0.060	1	--	0.068
Vitamin B-6	mg	0.084	1	--	0.095
Folate, total	µg	20	--	--	23
Folic acid	µg	0	--	--	0
Folate, food	µg	20	--	--	23
Folate, DFE	µg	20	--	--	23
Choline, total	mg	15.4	--	--	17.4
Vitamin B-12	µg	1.66	1	--	1.88
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	150	--	--	170
Retinol	µg	142	--	--	160
Carotene, beta	µg	95	--	--	107
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	633	--	--	715
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.16	--	--	0.18
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.3	--	--	0.3
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0.3
Vitamin D	IU	13	--	--	15
Vitamin K (phylloquinone)	µg	1.5	--	--	1.7
Lipids					
Fatty acids, total saturated	g	11.580	1	--	13.085
4:0	g	0.720	1	--	0.814
6:0	g	0.420	1	--	0.475
8:0	g	0.240	1	--	0.271
10:0	g	0.520	1	--	0.588
12:0	g	0.560	1	--	0.633
14:0	g	1.880	1	--	2.124
16:0	g	5.020	1	--	5.673
18:0	g	2.240	1	--	2.531

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup shredded 113g
Fatty acids, total monounsaturated	g	5.020	1	--	5.673
16:1 undifferentiated	g	0.300	1	--	0.339
18:1 undifferentiated	g	4.470	1	--	5.051
20:1	g	0.040	1	--	0.045
22:1 undifferentiated	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	0.750	1	--	0.848
18:2 undifferentiated	g	0.570	1	--	0.644
18:3 undifferentiated	g	0.130	1	--	0.147
18:4	g	0.000	1	--	0.000
20:4 undifferentiated	g	0.030	1	--	0.034
20:5 n-3 (EPA)	g	0.000	1	--	0.000
22:5 n-3 (DPA)	g	0.000	1	--	0.000
22:6 n-3 (DHA)	g	0.000	1	--	0.000
Cholesterol	mg	56	1	--	63
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0